

15 Jul 02

DEPARTMENT OF THE AIR FORCE
Air and Space Basic Course (AETC)
Maxwell Air Force Base, Alabama 36112

LESSON PLAN

A2110-HEALTHY WARRIOR

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Record of Changes	
Educational Goal	A2110-G-1
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RECORD OF CHANGES

CHANGE NUMBER	REMARKS
New Lesson Plan	Replaces lesson plan dated 18 Apr 02

SUMMARY OF CHANGES

- Added verbiage and slides about the Obstacle Course

EDUCATIONAL GOALS

A2000 Area Objective: Apply leadership skills to influence and direct people and resources to accomplish the mission.

A2100 Phase Objective: Apply personal wellness skills.

A2110 - HEALTHY WARRIOR

Lesson Objective 1: Comprehend how to achieve personal wellness.

Samples of Behavior

(S) 1.1 - Explain the components of personal wellness.

(S) 1.2 - Explain how to achieve personal wellness.

Lesson Description: This lesson begins with the instructor defining personal wellness. The instructor will then discuss the importance of personal wellness and how to achieve it. The instructor will also discuss Physical Readiness Training (PRT) and Obstacle Course programs.

Preparation: None

Rationale/Linkage: Personal wellness is not only required by the Air Force, it's the smart thing to do. It contributes to achieving the third Air Force Core Value, excellence in all we do; improves quality and length of life; and is essential for readiness. By examining personal wellness and its relationship to these areas, the student can gain an appreciation of its importance as well as the motivation to strive for a high level of personal wellness. A healthy and fit warrior is a more dependable and effective contributor to the successful completion of the mission.

INSTRUCTIONAL PLAN

1. **TITLE AND LENGTH OF SEMINAR:** Healthy Warrior (1:00)
2. **RELATIONSHIP TO OTHER INSTRUCTION:** This lesson lays the foundation for the Air and Space Basic Course (ASBC) PRT and should motivate students to develop an individualized program to contribute to their overall personal wellness.

3. **GENERAL METHOD OF INSTRUCTION:**

a. **Presentation Method:** Seminar

b. **Time Outline:**

Segment Time	Total Time	Description
0:05	(0:05)	Introduction
0:10	(0:15)	MP I: What is Personal Wellness?
0:10	(0:25)	MP II: Why it is Important?
0:30	(0:55)	MP III: How is it achieved?
0:05	(1:00)	Conclusion

c. **Instruction Preparation:**

- Review Lesson Plan
- Review PRT/O'Course Binder

d. **Instructor Aids/Handouts:**

- PRT/O'Course Binder

e. **Student Preparation:**

- None

f. **Strategy:** This lesson presents information on both mental and physical aspects of wellness and addresses the PRT program. The seminar begins with

the instructor explaining the concept of personal wellness. Next, the instructor explains why personal wellness is so important by tying it to the third Air Force Core Value, *Excellence In All We Do*. Personal wellness is also linked to improved quality and length of life, and to readiness. The instructor will give examples of military individuals and the significant role that wellness played in the success of the mission. Next, the instructor presents information on how to achieve both mental and physical fitness. The instructor also covers the basics of the PRT and Obstacle Course programs. A summary concludes the seminar.

4. DETAILS OF INSTRUCTION:

a. **Introduction:** 0:05 (0:05)



1) //Attention//

How many of you have started thinking about getting older? How many people have considered what kind of health condition they want to be in, in 10 or 20 years? Today we will talk about some life style changes that need to take place to improve your wellness for life.

Approximately 58 million Americans are classified as overweight. More than 60 percent of American adults are considered to have a sedentary lifestyle, meaning that they do less than 30 minutes of aerobic exercise 3-4 times a week. In a 1995 survey, the Department of Defense found that only 50 percent of Air Force personnel exercise vigorously three or more times per week. Interesting statistics. So, what does weight and fitness have to do with personal wellness? More importantly, what does personal wellness have to do with you as an Air Force Officer?

“Physically fit warriors are more productive, resist stress better, are less likely to be injured, and are more resistant to illness and disease than unfit warriors.” That is straight out of AFDD 2-4 (Combat Support, Nov 99)

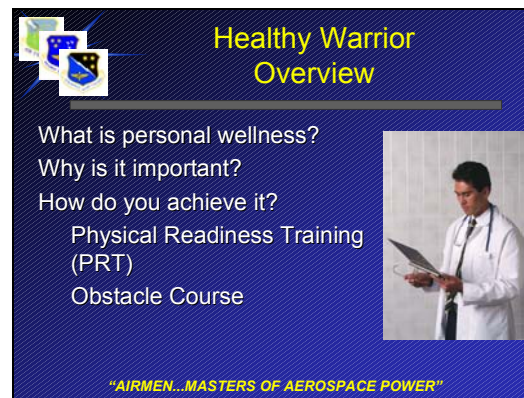
2) //Motivation//

Every person in this room is a volunteer. You volunteered to help defend our country, to ensure that the mission of the Air Force is successfully

accomplished. In order to do this, you must be in shape both physically and mentally. Your personal wellness will not only contribute to the success of the Air Force, but also to your own success as you progress along your career path and through life.

(TRANSITION): THIS TOPIC IS SO IMPORTANT THAT IT IS ONE OF THE FIRST SEMINARS GIVEN AT THE AIR AND SPACE BASIC COURSE AND IS ONE OF OUR TOP CONCERNS. YOUR PERSONAL WELLNESS IS ESSENTIAL TO MISSION ACCOMPLISHMENT, SO LET'S LOOK AT WHAT WE'LL BE COVERING TODAY.

[SLIDE]



3) //Overview//

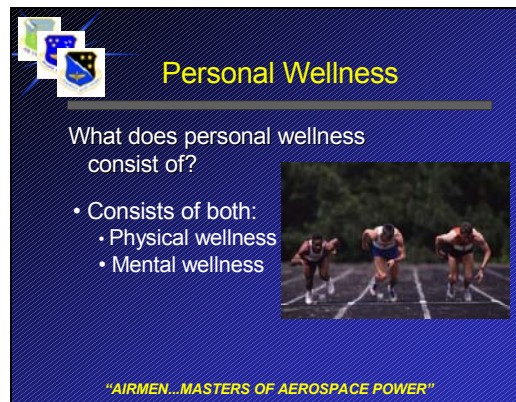
- First we'll examine personal wellness, which is a combination, or balance of both physical and mental wellness. We'll take a look at **what** we mean by these terms.
- Next we'll look at **why** personal wellness is so important. We'll discuss the fact that it is an expectation, or requirement of the Air Force. We'll also look at how good personal wellness contributes to the attainment of the third Air Force Core Value, *Excellence In All We Do*, and most importantly, to mission readiness.
- Then, we'll briefly discuss **how** to achieve personal wellness. We'll discuss some specific actions you can take to ensure you have both good physical and mental wellness. Within personal wellness we'll talk about the PRT and the Obstacle Course.

(TRANSITION): NOW THAT WE KNOW WHERE WE ARE HEADED TODAY, LET'S TALK ABOUT PERSONAL WELLNESS.

b. MP I: What is Personal Wellness?: 0:10 (0:15)

[SLIDE]

{Instructor Note: Most of the slides will come up with the LOQ first and then transition to additional info on slide on mouse clicks.}

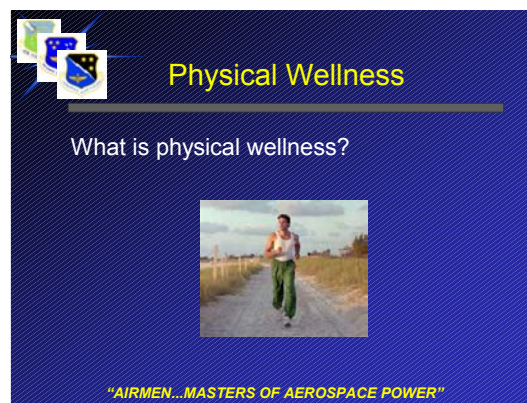


LOQ: WHAT DOES PERSONAL WELLNESS CONSIST OF?

AR:

- Overall wellness
- Physical and Mental balance

[SLIDE]



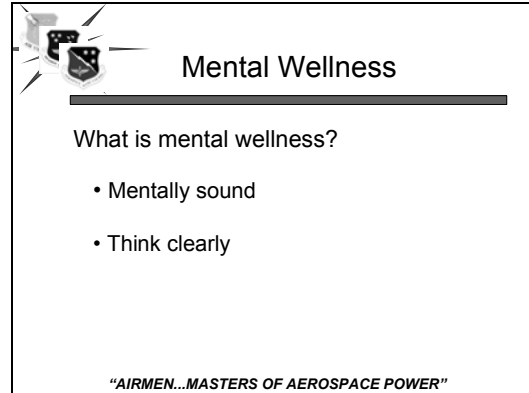
FOQ: WHAT IS PHYSICAL WELLNESS?

AR:

- This means being physically fit and healthy. It includes the following:
- Meeting Air Force Standards for physical conditioning as measured by the annual fitness test. We will discuss this in a little more detail later in this seminar.
- Healthy refers to a condition of where the body is disease free.
- Being physically able to perform assigned tasks during peacetime and wartime or other periods of increased demand, such as contingency assignments.
- Taking care of yourself for life.

(TRANSITION): PERSONAL WELLNESS IS ONLY ONE PORTION OF BEING A HEALTHY WARRIOR. THE SECOND PART IS MENTAL WELLNESS.

[SLIDE]



FOQ: WHAT IS MENTAL WELLNESS?

AR:

- Being able to maximize your ability to learn, and develop intellectual capabilities. It includes the following:
 - Being able to think and act quickly, clearly, and rationally in times of peace and war, or increased demand.
 - Being able to maintain a lifestyle that acknowledges life's stresses and incorporating measures to reduce or control them.

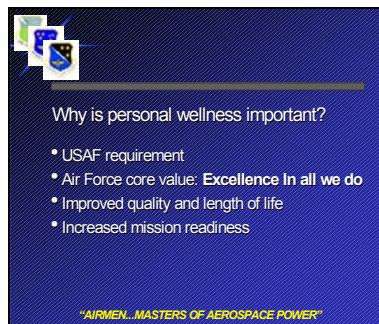
(INTERIM SUMMARY)

*{Instructor Note 1. Include students' ideas that support the main point.
2. Reinforce key elements that will be needed throughout the lesson.}*

(TRANSITION): SO NOW WE KNOW PERSONAL WELLNESS CONSISTS OF A PHYSICAL AND MENTAL PART.

c. MP II: WHY IS IT IMPORTANT 0:10 (0:25)

[SLIDE]



LOQ: WHY IS PERSONAL WELLNESS ESSENTIAL FOR AIR FORCE MEMBERS?

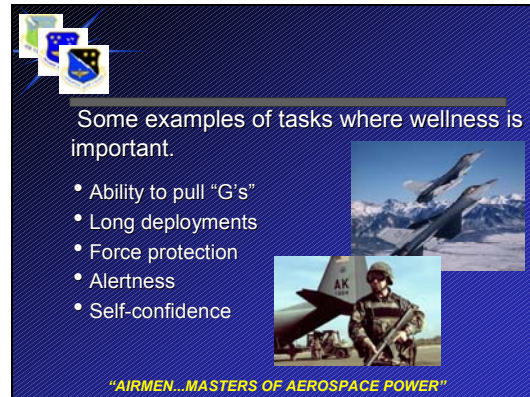
AR:

- Personal wellness is essential for the following reasons:
 - It is a requirement, an expectation of the Air Force
 - Helps fulfill the third Air Force core value: **Excellence in all we do**
 - Improves quality and length of life
 - Increases mission readiness

All of the above are important, but the bottom line is, we're all here for one reason, and that is to make sure the Air Force successfully accomplishes its mission.

Therefore, we have a requirement to maintain our personal wellness to accomplish the mission of the Air Force.

[SLIDE]



FOQ: SOME EXAMPLES OF TASKS, JOB DUTIES OR JOB SITUATIONS WHERE PERSONAL WELLNESS MIGHT BE CRITICAL TO A CAREER FIELD OR A SITUATION ARE:

AR:

- **Pulling G's:**

In flying career fields and other specialty career fields, it's important when pulling G's or being physically stressed, that the individual remains conscious and able to orient themselves under the harshest conditions. Lifting weights can help pull Gs.

- **Long Deployments:**

You must be physically and mentally able to endure long deployments and strenuous conditions. Traveling to overseas locations and maintaining your edge during a long deployment in adverse conditions is vital to mission success.

- **Force Protection:**

You must be able to physically assist in force protection in the event it's necessary. Force protection is everyone's responsibility and with the events of 9/11, it is even more important today that everyone maintain good physical health and be ready to respond in a crisis in case you are called upon to help protect Air Force assets.

- **Alertness:**

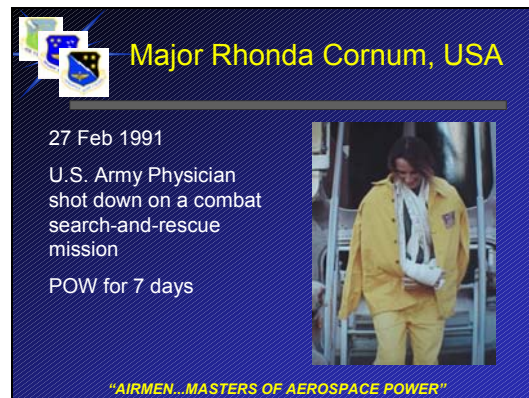
You must be able to rest, rejuvenate and keep alert. This will help you to be more productive in any career field. Being tired affects the way you do things, it impacts your decision-making skills, which may cause harm to self and/or to others.

- **Self-confidence:**

You must have self-confidence to assist in decision-making. As officers and civilians in charge, it is imperative that our superiors and subordinates have confidence in our ability to do what is expected of us. Self-confidence is key to having people believe in what you are doing and how you are doing it.

Let's take a look at a few examples where personal wellness was critical to survival in military operations.

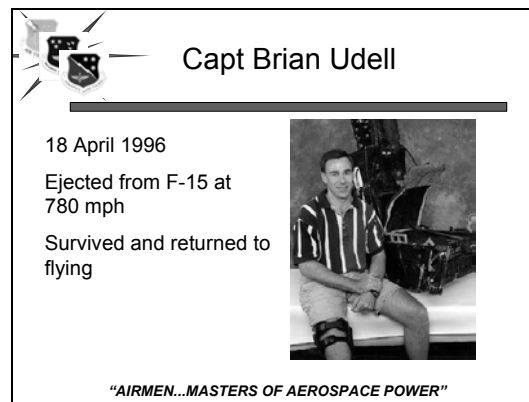
[SLIDE]



Has anyone heard of Maj. Rhonda Cornum? On Feb 27, 1991, deep inside Iraqi territory, a U.S. Army helicopter on a combat search-and-rescue mission was shot down with eight Americans aboard. Five of them were killed instantly; Iraqi soldiers captured the three survivors. One of them was Major Rhonda Cornum a U.S. Army officer, helicopter pilot, physician, wife of an Air Force flight surgeon, and mother of a 15-year-old daughter. She was searching for an F-16 pilot behind enemy lines when captured, tortured, and held prisoner for 7 days. Only her superior mental and physical attributes allowed her to endure the two broken arms, smashed knee, and bullet wound while at the hands of the Iraqi guards. Without

good mental and physical well being, Major Cornum might never have come back to her career, her family, and her life.

[SLIDE]



Finally, we have Capt. Brian Udell. While piloting an F-15E he was forced to eject as his aircraft was heading straight toward the Atlantic Ocean. He survived one of the fastest known ejections in history—more than 780 mph. Because the aircraft was going so fast, upon ejecting his body was almost torn apart. With only one working arm to help him survive, in the water and alone (his weapons officer did not survive the ejection), he had to make several life-saving decisions. Using his will to live and to see his unborn child, Capt. Udell not only survived the crash, recovered from broken and dislocated limbs, a mangled face and various other gashes and scrapes, he also returned to the cockpit. After a lot of physical therapy and hard work, just two months after the accident he took his first step. Six months after the accident Capt Udell applied to fly again. After numerous tests and flying boards, ten months after the accident he was back in the cockpit. This could be you. You never know when you will need to put into action your physical and mental well-being to over come a tragedy.

[SLIDE]



I know some of you are sitting there saying, “That’s great for those career fields that put members in tough situations, but I’m not going to fly or be a pararescueman.” Well, take a look at this slide. Airmen from all career fields such as Public Affairs, Personnel, and Acquisitions are expected to have good personal wellness. Consider the help that the Tinker AFB personnel rendered after the Oklahoma City bombing, or the bombing of Khobar Towers. They worked numerous hours for an extended period of time to assist the victims and the clean up.

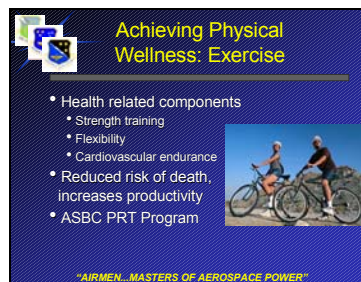
(INTERIM SUMMARY)

*{Instructor Note: 1. Include students’ ideas that support the main point.
2. Reinforce key elements that will be needed throughout the lesson.}*

(TRANSITION) NOW THAT WE KNOW WHAT PERSONAL WELLNESS IS AND WHY IT’S IMPORTANT, LET’S TAKE A LOOK AT HOW WE ACHIEVE IT. WE WILL BEGIN WITH PHYSICAL FITNESS, AND TALK A LITTLE ABOUT THE ASBC PRT PROGRAM, THEN FINISH UP WITH MENTAL WELLNESS.

d. MP III: HOW IS IT ACHIEVED? 0:30 (0:55)

[SLIDE]



1) Achieving Physical Fitness: This is accomplished primarily through the health-related physical fitness components which are the following:

a) Strength Training: A number of Air Force jobs specify minimum requirements in these areas; for the rest of us, it enhances the supporting skeletal and muscular system for better quality of life as we age. It should be accomplished at least 2-3 times a week.

b) Flexibility: The range of motion around a joint is important for coordination of movement and preventing injuries. Flexibility is enhanced by properly stretching before and after all exercise sessions.

c) Cardiovascular Endurance: Requires large amounts of oxygen and uses the large muscle groups in aerobic activity. It is the best type of exercise to prevent coronary disease and improve overall cardiovascular fitness.

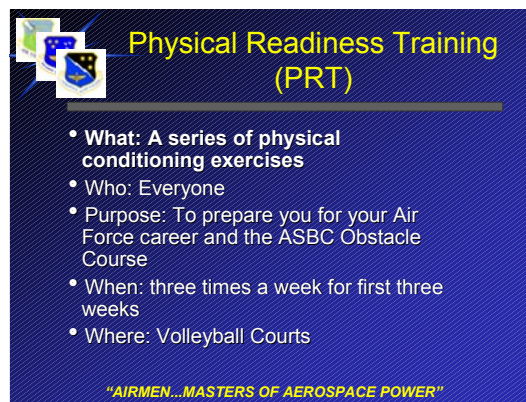
(1) Primary aerobic activities include running, cycling, swimming, stair climbing, rollerblading, and brisk walking.

(2) Recommended amounts are at 3-4 times a week for 30-45 minutes while exercising in the Target Heart Rate Training Zone. The Target Heart Rate Training Zone is equal to 220 minus your age multiplied by 0.6 for the lower heart rate and 0.9 for the upper rate.

All of these components together can not only greatly reduce risk of premature death but also, relieve stress and increase productivity, along with adding vigor and alertness to your day.

(TRANSITION): NOW BEFORE WE MOVE ON LET'S TALK A LITTLE BIT ABOUT THE ASBC PRT PROGRAM.

[SLIDE]



2) Physical Readiness Training (PRT)

What: It is a series of physical conditioning exercises ranging from calisthenics to running and climbing drills

Who: Everyone is to participate

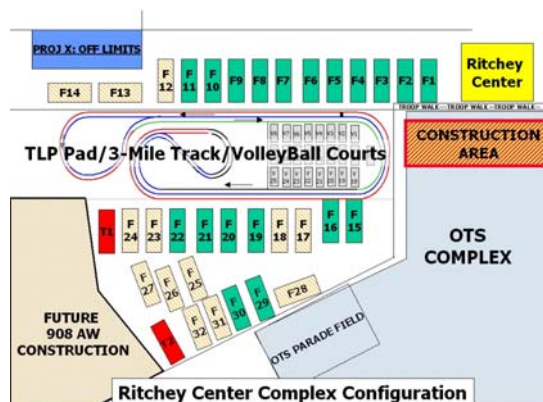
Purpose: To help you remain physically healthy as you start off your Air Force career. It is also to help prepare your body for the Obstacle Course

When: Twice a week for the first three weeks (Flight Commanders should check the schedule and inform the students of the first time they are to do PRT)

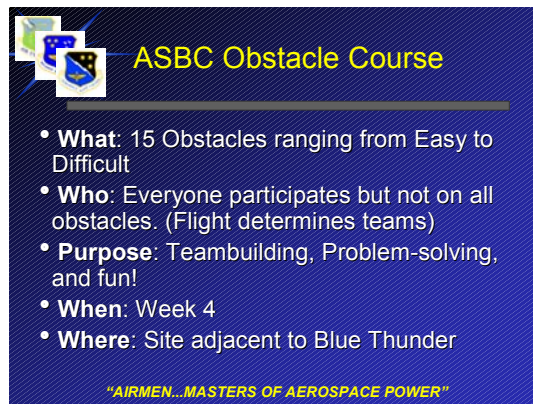
Where: Volleyball Courts (Flight Commanders should inform students where the volleyball courts are, according to next slide, and what they should do when they first get out there)

{Instructor Note: Flight Commanders should be prepared to answer student questions at this time about the PRT and/or the Obstacle course}

[SLIDE]



(TRANSITION): NOW WE'VE SAID ONE OF THE PURPOSES OF THE PRT PROGRAM IS TO PREPARE YOUR BODY FOR THE OBSTACLE COURSE. LET'S TALK A LITTLE MORE ABOUT THE OBSTACLE COURSE.



3) ASBC Obstacle Course

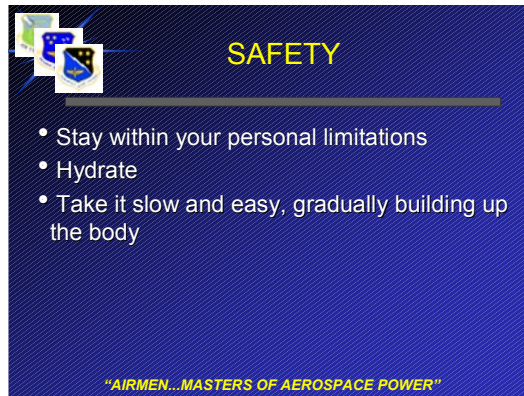
What: The Obstacle Course is 15 obstacles with levels of difficulty ranging from Easy to Medium to Difficult. It is much like your Confidence Course in your pre-commissioning programs.

Who: Everyone participates but you determine who goes on what obstacles

Purpose: Teambuilding-you have to know some things about each other to put together effective teams. Problem-Solving-your teams have to be put together effectively to solve each task and to complete course in minimal amount of time with fewest penalties. In the end, just like the Confidence Courses at your pre-commissioning source, it should be fun!

When: You will have two opportunities at it. One practice during the middle of the course TBD, and then the real thing during week 4

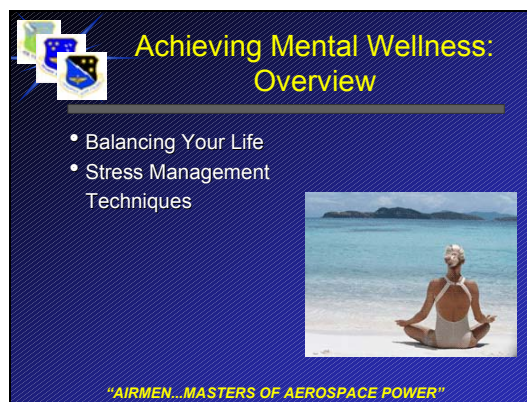
Where: Site is adjacent to the Blue Thunder site.



- a) **You need to stay with in your personal limitations** and not do things that you are not capable of doing. It is important to listen to what your body is saying to you and follow the instructions of the instructors.
- b) **Hydrate**-drink a sufficient amount of water the night before and during the PRT to stay hydrated.
- c) **Take it slow and easy**-The first time you do the PRT you will be sore. Maybe even the first couple of times. But gradually your body will build up to the rigors of the exercises. Don't try and be macho and go all out the first day. Stay within your limits.

(TRANSITION) NOW THAT YOU KNOW WHAT THE PRT AND OBSTACLE COURSE IS ALL ABOUT, LET'S TALK A LITTLE ABOUT HOW WE ACHIEVE MENTAL WELLNESS AND ITS IMPORTANCE.

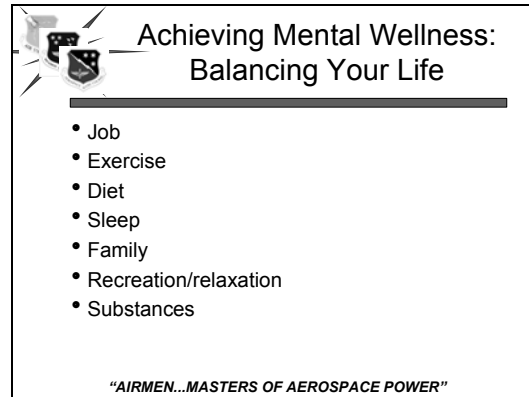
[SLIDE]



- 4) **Achieving Mental Wellness:** Perhaps one of the most often overlooked aspects of a healthy life is achieving mental wellness. There are many ways

to do this. Some of the most important ones are: maintaining a balanced life and using stress management techniques.

[SLIDE]



a) **Balance your life:** It is important to pay attention to all of the factors in your life and to plan to keep your life balanced. Focusing excessively on any of the factors, at the expense of others, makes you vulnerable to serious mental health problems.

(1) **Job:** Don't focus on this at the expense of other aspects of your life. Don't be a workaholic. Too much emphasis on work may result in short term success, but it can cause physical problems, emotional exhaustion, wreck your marriage and family, and eventually your mental health.

(2) **Exercise:** Helps you relieve stress. Also, maintaining the correct weight and conditioning helps you to look better and feel better.

(3) **Diet:** Poor eating habits can lead to physical health problems. The wrong foods deprive you of important nutrients. Fad diets and loading of certain food groups is unhealthy and can cause long term problems. And being overweight decreases self-esteem.

(4) **Sleep:** It's very important that you get enough to recharge your batteries, to face the next day alert and with enough energy.

(5) **Family:** Good family relations help decrease stress and increase your sense of well being. Poor family relations greatly increase stress and can hurt how you feel about yourself.

(6) Recreation and Relaxation: Its important to get away from your stresses on a regular basis to have some fun and rest to put things in perspective, and to shed some of your worries.

(7) Substances: Caffeine, tobacco, and alcohol can be extremely taxing on your body and mental health. Use in moderation if at all. Also, avoid self-medicating with over-the-counter products (sleep aids, etc.). These only mask symptoms (like excessive stress) that need to be dealt with and resolved properly.

a) Tobacco Cessation: Smoking, as most of you know, is one of the leading causes of disability, disease, and death in the USA. It is directly responsible for over 400,000 deaths per year in the US alone. Approximately 30% of all cancers are related to smoking. Smoking one pack per day decreases life expectancy 5 years; smoking two packs per day results in a 7 year decrease. Quitting tobacco is the single most important action that you can take to improve health and prolong life. This also includes smokeless tobacco. Smokeless tobacco can cause cancer of the mouth and throat, heart disease, and gum and tooth disease.

(TRANSITION) BALANCING THE DIFFERENT FACTORS IN YOUR LIFE IS IMPORTANT. STRESS MANGEMENT TECHNIQUES ALSO HELP YOU ACHIEVE MENTAL WELLNESS.

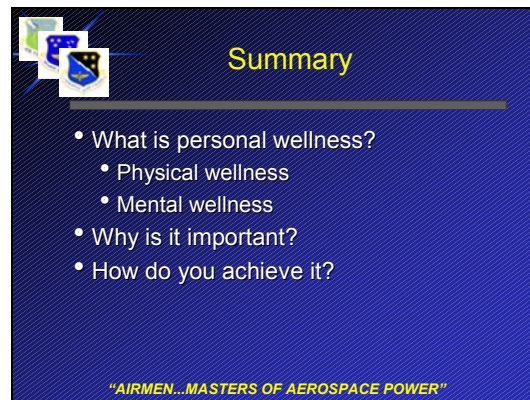


b) Stress Management Techniques: In addition to balancing factors in your life and maintaining a sense of control, the following is a short list of stress management techniques:

- (1) Time Management:** Make a list of things to do each day so you can keep your routine orderly and efficient
- (2) Hobbies:** Find something you really enjoy and do it regularly.
- (3) Humor:** Humor can be a great reliever of stress; a story or joke in times of tension or difficulty can be very therapeutic.
- (4) Take a break:** Take a break from what you're doing once in a while, so you'll feel refreshed and relaxed.

e. CONCLUSION 0:05 (1:00)

[SLIDE]

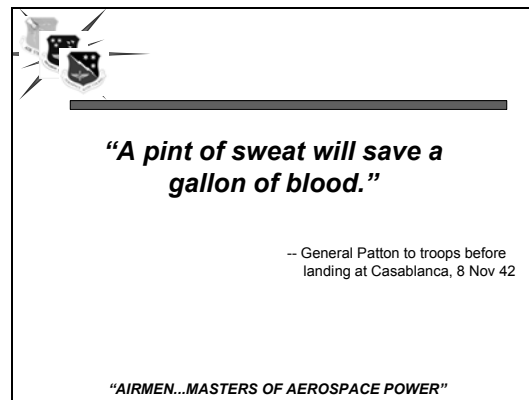


- 1) Summary:** Physical wellness means being physically fit and healthy, so you can meet AF standards, perform your tasks in times of peace and war, and be ready when needed. Mental wellness means maintaining a state of mental well being so you can think and act quickly, clearly, and rationally during peace and war. Combined physical and mental wellness provides you with overall personal wellness. Your life is then balanced, and you are able to perform to the best of your abilities. Personal wellness is important because we are all part of a team that ensures the Air Force mission is successfully completed. Today we looked at ways to achieve physical wellness by performing aerobic exercises at least 30 minutes every other day, combined with some basic strength training. We also talked about the

ASBC PRT program and how it fit into health and wellness, talked a little about the Obstacle Course, and then talked about mental wellness.

- 2) Remotivation:** Regardless of what our individual jobs are, we are all members of the United States Air Force, and thus tasked with the mission of defending our country against all enemies, foreign and domestic. We are all warriors, each charged with the duty and responsibility to achieve an adequate level of wellness so that we can do our part no matter what the conditions or circumstances. So we can remain Healthy Warriors, without healthy individuals the high tech equipment will not work. Maj. Gen. Mac Ghee, Commandant of Air War College, said it well, “Technology is critical to having and maintaining the best Air Force in the world, but people- Air Force people- are the most important part of our future force.”

[SLIDE]



- 3) Closure:** Before allied troops landed at Casablanca in World War II, General Patton told his troops, “A pint of sweat will save a gallon of blood.” You must be prepared to physically and mentally exert yourself so that you can take care of yourself, other airmen, and meet the mission of the Air Force. How do you do this? By taking pride in your wellness.

